



Easy Jambalaya

1 tablespoon olive oil
1 large onion, diced
1 large red pepper, diced*
2 celery stalks, finely chopped*
4 cloves garlic, minced
1 teaspoon smoked paprika
1 teaspoon oregano
½ teaspoon garlic powder
½ teaspoon thyme
dash of cayenne pepper
sea salt and freshly ground pepper, to taste
1 tablespoon tomato paste
6 ounces andouille sausage, diced* (I use Applegate Farms Organic Chicken and Turkey)
2½ cups vegetable broth*
1 bay leaf
2 cups diced tomatoes with juice (I use Pomi in a carton)
1 cup long grain white rice
1 pound wild shrimp, peeled and deveined
Optional toppings: hot sauce, chopped green onions and/or chopped fresh parsley

1. Heat oil in a large soup pot over medium heat.
2. Add onion, pepper, celery and garlic and cook until tender, about 7-9 minutes.
3. Add in paprika, oregano, garlic powder, thyme, cayenne, salt and pepper and stir constantly for about one minute.
4. Add tomato paste and stir for about one minute.
5. Add sausage, broth, bay leaf and tomatoes bring to a boil.
6. Stir in the rice, cover and reduce heat to low and cook for about 20 minutes.
7. Add shrimp and cover and cook for about 5 more minutes or until shrimp is cooked through. Check seasonings and add more salt if necessary.
8. Serve immediately with hot sauce and top with green onions and/or parsley if desired.

*I recommend using as many organic ingredients as possible but these are the ones that I think are most important.